

Player Development Pathway Card

(Ball Type: 6-7 Foam-Orange, 8-11 Foam-Green Dot, 11-18 Foam-Green Dot)

Bronze (2) Ages 6-18

Student Name _____ Age _____

Tennis Pro _____ Session Date _____ - _____

Class Level: Advanced Beginner, Tournament Type: N/A

Tennis Pro Scoring Key:

1 = Novice, 2 = Developing, 3 = Excels

Required Skills

- ◆ Scoring (2 out of 3 Sets, add & no add, odd game changeover, 7-point & Super - Tiebreaker, 8-game pro sets) 1____ 2____ 3____
- ◆ Recites the "5 step" self-check method (Tracking, Preparation, balance, point of contact & follow through) 1____ 2____ 3____
- ◆ Rallies with pro 15 times using Green Dot balls from service line 1____ 2____ 3____
- ◆ Demonstrates slice serve, but still uses flat serve 1____ 2____ 3____
- ◆ Uses Flat serve from full motion and hits in correct service box 30% of the time with 2 serves from baseline (60' or 78" court) 1____ 2____ 3____
- ◆ Demonstrates following stroke technique w/movement:
 - Forehand (square stance w/unit turn & point of contact) 1____ 2____ 3____
 - Backhand (square stance w/unit turn & point of contact) 1____ 2____ 3____
 - Serve (Full motion or Trophy position, proper feet positioning, toss & point of contact) 1____ 2____ 3____
 - Volleys (one handed both sides or two handed backhand volley if needed) 1____ 2____ 3____
 - Overhead (w/continental grip) 1____ 2____ 3____
- ◆ Demonstrates movement & groundstroke stances from pro feeds: 1____ 2____ 3____
 - Square (Step in)
 - Semi-Open (Step back)
 - Open (Step out)
- ◆ Uses square stance for rallies, but developing the use of open stance for wider balls 1____ 2____ 3____

Continued Required Skills:

- ◆ Demonstrates split step preparation for groundstrokes & volley's
1____ 2____ 3____
- ◆ Volley's side to side, short and deep from Pro feeds 1____ 2____ 3____
- ◆ Hits overhead smash off bounce from pro feeds 1____ 2____ 3____

Overall Score:

____ 0-15 (Novice) ____ 16-36 (Developing) ____ 37-45 (Move - Silver I)

* Bronze 2 Estimated Graduation: 3—6 Sessions *

Area (s) of Achievement:

Recommendations/Comments:

Portland Tennis Center • 324 NE 12th Avenue, Portland, Oregon 97232
503-823-3189 • portlandoregon.gov/parks/tennis



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